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## Indian Journal of Obstetrics and Gynecology

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### From the Editor's Desk....

“Learn to let things go.....”

Dear readers,

Greetings!



Welcome to third issue of IJOGR ...and world of academics... Volume 10, Issue 1, January-March 2023

Indian journal of obstetrics and gynecological research is an attempt to give pen to researchers, academicians, and residents to give words to their thoughts....

We have tried to accommodate from research article to case study- a whole bunch of bouquet.

Here in this issue, we have ...

Review and Original Research Article from all over India as well as international....

### Review Article.....

Still birth is a tragic complication of the pregnancy which is associated with emotional, social and economic disturbances. Stillbirth can be a result of advanced maternal age, smoking, obesity, comorbid conditions, poor economic status, and drug use during pregnancy, etc. Though evidences suggest a number of factors contributing to stillbirth, use of analgesics adds an extra burden for the occurrence of stillbirth. Every drug has its own set of pros and cons, which may directly or indirectly affect the foetal health. Drug exposure was associated with the two-fold increased risk of stillbirth in pregnancy. Due to lack of significant evidence suggesting the occurrence of stillbirth which is a result of analgesic use, control over the use of analgesics during pregnancy is not well established. Hence, in the current literature review, the risk of analgesic- induced stillbirth is highlighted. The misuse of analgesics as over-the-counter medicines is widely known. Painkillers are often used to self-medicate without the supervision of a medical practitioner. Some of these drugs tend to cross the placental barrier and can have hazardous effects on foetus. Many circumstances might drive a pregnant woman to use analgesics which includes pain associated with the adaptation of mother's body to the change during pregnancy. Due to ease of access and lack of knowledge about foetal risk, analgesics are consumed irrationally leading to pregnancy-related complications such as stillbirth.

A review on the impact of analgesic use during pregnancy on stillbirth by Girish B S et al. from *Dept. of Pharmacy Practice, Faculty of Pharmaceutical Sciences (Formerly, PES College of Pharmacy), PES University, Bangalore, Karnataka, India.*

Gestational Diabetes Mellitus (GDM) is defined as glucose intolerance of varying degree diagnosed first time during the pregnancy. Blood glucose values revert to the normal level soon after the delivery. But the women carry a lifetime risk of getting overt diabetes within 5 years. The management of GDM mainly comprises of medical nutrition therapy, exercise, weight management and Self-Monitoring of Blood Glucose (SMBG). Among all the management components, SMBG is the mostly neglected especially among pregnant women with GDM. Patient empowerment and imparting proper information regarding SMBG may be helpful in managing the GDM with better maternal and foetal outcomes. Overall, the practise of SMBG in developing nation like India is not up to the mark. Practise of self-monitoring of blood glucose among pregnant women with gestational diabetes mellitus: A review By Mallicka et al. *Dept. of Community Medicine, and Public Health, & Dept. of Pathology, King George's Medical University, Lucknow, Uttar Pradesh, India.*

## Original Research Articles.....

Diabetes mellitus is a chronic metabolic disorder due to either insulin deficiency or due to peripheral tissue resistance to the action of insulin. Also, it is most common complication of pregnancy. While in early 1990s, horrific mortality and morbidity were the destined consequences for the mother and her fetus, when pregnancy were complicated by overt diabetes, we have tamed it to some extent with the invention of insulin, still it remains a formidable complication of pregnancy. India is a no exception, with projected rates of 79.4 million in 2030- a 151% increase from 31.7 million in 2000. Pregnancy with diabetes: The study of fetomaternal outcome in a tertiary care teaching centre in western India by Monica Dixit et al from *Dept. of Obstetrics and Gynaecology, and Dept. of General Medicine, B.J Medical College, Civil Hospital, Ahmedabad, Gujarat, India.*

Emergency Obstetric Hysterectomy (EOH) is the process of surgical removal of the uterus after an unexpected & sudden event. If this process is carried out in a woman with a pregnant uterus less than 24 hours after delivery then it is termed an Emergency peripartum hysterectomy. In modern obstetrics, the overall incidence of a cesarean hysterectomy is expected to be 0.05%. But in reality, there is a considerable difference in the incidence in low-income & high-income countries.

Indications and outcome of emergency obstetrics hysterectomy in last 5 years at ACPM medical college Dhule by Nitin Naresh Kulkarni et al from *A.C.P.M. Medical College, Dhule, Maharashtra, India* World Health Organization (WHO) define PPH as “Blood loss of 500 ml or more within 24 hours of delivery”. Severe PPH is defined as “Blood loss of 1000 ml or more within 24 hours of delivery”. Though, in practice, it is not always possible to measure the amount of blood loss and it is not clear whether measuring the blood loss improves the care and outcome for the women. Even a small amount of blood loss that is sufficient to cause hemodynamic instability among female within 24 hours of delivery is termed PPH. According to National Health Portal, Government of India, PPH is most common cause of maternal death, contributing to approximately 35% of maternal death all over the world. In India, the incidence of PPH is reported in 2 to 4% cases following vaginal delivery and 6% cases following cesarean section.

The effect of tranexamic acid on blood loss after vaginal delivery and caesarian section by Nisha Tiwari et al from *Lord Mahavir Civil Hospital, Ludhiana, Punjab, India* Intrauterine passage of meconium may be due to fetal hypoxia, or it may simply indicate a normal gastrointestinal tract maturation. Umbilical cord blood pH is the best available criterion for detecting fetal hypoxia and making appropriate decisions about care after birth.

Correlation of umbilical cord arterial blood pH with meconium stained liquor by Vanlal Kima et al from *Dept. of Obstetrics & Gynaecology, Nazareth Hospital, Shillong, Meghalaya, India* Beta thalassemia and sickle cell anaemia (SCA) are highly prevalent and inherited preventable blood disorders that require lifelong blood transfusions and contribute to infant and childhood morbidity and mortality. It is mandate to prevent these disorders to save the children from life long suffering by initiating stringent screening programs. A total of 2478 antenatal women visiting Modern Govt. Maternity hospital, Petlaburz, Hyderabad (2000) and Primary Health Care centers of Balanagar (254) and Rajapur (224) in Mahbubnagar district were screened for thalassemia and SCA using Complete blood count followed by High Performance Liquid Chromatography to detect the carrier status. Husbands were screened in case of carrier women and if both the couple were carriers then they were advised for prenatal diagnosis. Out of the 2478 antenatal mothers screened, a carrier frequency of 3.09% was found for different types of thalassemia and 4.6% for SCA. Of the different types of thalassemia, beta thalassemia was the predominant one with a frequency of 2.15% from MGMH and 2.9% from PHC's. Three couples were found to be thalassemia carriers and went for prenatal diagnosis. In all the three cases the foetus was found to be normal and they are continuing with the pregnancy. The present study is the first one to report the carrier frequency of thalassemia and SCA among antenatal women from Telangana population. This study warrants the need for screening antenatal women for these disorders during their early trimester in order to reduce the incidence of affected births.

Prevalence of thalassemia and sickle cell anaemia carrier frequency among antenatal women– A first study from Telangana population By Padma Gunda et al from *Thalassemia and Sickle Cell Society, Hyderabad, Telangana, India and Government Maternity Hospital, Koti, Hyderabad, India* Every year numerous females are detected infertile as infertility becomes a major problem in reproductive lives, worldwide. The purpose of this study is to evaluate the effectiveness of intrauterine infusion of autologous platelet-rich plasma (PRP) in infertile women undergoing frozen embryo transfer cycles with suboptimal endometrium.

Effect of intrauterine instillation of autologous platelet-rich plasma on endometrial thickness and pregnancy outcome by Kokila Desai et al from *Shivam International IVF Center and Shivam Hospital, Surat, Gujarat, India, Dept. of Biochemistry, Government Medical College, Bhavnagar, Gujarat, India and Dept. of Obstetrics and Gynecology, Shivam International IVF Center and Shivam Hospital, Surat, Gujarat, India American International Institute of Medical Sciences, Udaipur, Rajasthan, India.*

Dengue fever, a mosquito-borne febrile illness has rapidly emerged as the most common arboviral infection globally. It is caused by dengue virus, a single stranded RNA virus belonging to the family Flaviviridae. Dengue is transmitted by the bite of *Aedes aegypti* and *Aedes albopictus*. It is a major public health problem, especially in tropical and subtropical areas worldwide. According to the World Health Organization (WHO), approximately 40% of the world's population (over 2.5 billion people) live in areas with high risk of contracting dengue infection.

Liver transaminase enzyme analysis as a predictor of poor maternal outcome in pregnant women with dengue by Megha Panwar et al from *Medeor Hospitals, India and Dept. of Obstetrics and Gynecology, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi, India*

The present study was a prospective observational study done to evaluate elective induction of labour (e-IOL)\* in overdate pregnancies (40 1/7 to 40 6/7 weeks) versus expectant management (EM)\* up to 41 weeks. The primary objective was to compare rates of Caesarean section among the two groups. Study design: Women at 40 weeks of gestation satisfying the inclusion and exclusion criteria were recruited for the study. Total sample size was 112. The e-IOL group 1, included 56 participants who were induced at 40 1/7 to 40 6/7 weeks of gestation and EM group 2 had 56 participants, who were given expectant management till 41 weeks of gestation. Group 2 was further divided as group 2a who went into spontaneous labour while on expectant management and group 2b as those who were induced while on expectant management for maternal / fetal reasons or  $\geq 41$  0/7 weeks of gestation.

Observational study of induction of labour versus expectant management in overdate pregnancies amongst Indian women by Monica Das et al from *Dept. of Obstetrics and Gynaecology, Nowrosjee Wadia Maternity Hospital, Seth G S Medical College, Mumbai, Maharashtra, India.*

Contraception is a method or a way to stop or prevent pregnancy. Since from ancient times birth control has its prevalence but the safest and most efficient methods of contraception was only introduced in 20th century. An ideal contraceptive is considered when it is user friendly, effective and reversible with less or zero side effects and lesser adverse complications and more importantly one which is easily available. There are wide range of contraception or birth control methods currently available which includes traditional methods, barriers, oral contraceptives pills (OCP), implants, Intra Uterine Devices (IUDs) and Surgical methods along with injectable. The United States Center for Disease Control and Prevention jointly with World Health Organization has provided with guidelines on the safety of contraception for women with specific medical condition. According to another report documented by World Health organization, which stated that most effective and safest methods of contraception is sterilization by means of vasectomy in males and in cases of females by means of tubal ligation, intra uterine devices and implantable birth control. This data of safest birth control method also includes vaginal rings, oral pills, patches and injections. World Health Organization Department of Reproductive Health and Research has also stated that less effective methods includes physical barriers & spermicide and the least effective methods of contraception is traditional or natural method.

A longitudinal cross-sectional study on awareness of contraception By Srishti Thakur et al from *Dept. of Obstetrics and Gynecology, Gian Sagar Medical College and Hospital, Rajpura, Punjab, India.*

Postmenopausal bleeding (PMB) is frequent finding in 5-10% of women in gynaecology clinic. About 10% of these patients have primary or secondary malignancy. PMB requires complete assessment to ensure the absence of malignancy and to identify and treat high risk patients such as those with endometrial hyperplasia.

Clinicopathological evaluation of patients with postmenopausal bleeding in a tertiary care center by Hemalatha S V et al from *Dept. of Obstetrics and Gynaecology, Government Chengalpattu Medical College, Chengalpattu, Tamil Nadu, India and RSRM Lying in Hospital, Government Stanley Medical College, Chennai, Tamil Nadu, India.*

The recent years have seen rise in unintended pregnancy which includes unwanted and mistimed pregnancy. Despite the conducive environment of legal abortion in India through MTP Act, many women resort to unsafe methods of abortion. In India, estimated abortions in 2015 were 15.6 million. The overall rate of abortion was estimated to be 4.8%, among which 67.1% of abortions were classified to be unsafe. Thus, the aim of the study is to analyze the demographic profile of patients, reason for seeking abortion and evaluation of significant adverse outcome and management.

A profile of abortion in a tertiary care centre: An observational study by Chaitra Narasimha et al from *Dept. of Obstetrics and Gynecology, Mysuru Medical College and Research Institute, Mysuru, Karnataka, India.*

#### **We have case reports are.....**

1. Case report of a huge Gartner's cyst by N R Indu et al from Dept. of Obstetrics and Gynaecology, Sri Venkateswara Medical College Hospital and Research Centre, Ariyur, Puducherry, India and ESI, Mapusa, Goa, India.
2. Jaundice in pregnancy and its causes: A case report by Monica George et al from Smt. NHL Municipal Medical College, Ahmedabad, Gujarat, India and Dept. of Obstetrics & Gynecology, SVP Hospital, Ahmedabad, Gujarat, India.
3. Leucoerythroblastosis in pregnancy: Can it be sickle cell disease? - A rare case report by Pooja Sharma et al from Dept. of Pathology, University College of Medical Sciences & Guru Teg Bahadur Hospital, Dilshad Garden, Delhi, India.
4. Benign in radiology bombshell in cytology By Selvarani Jeyaraman et al from Dept. of Obstetrics & Gynaecology, St. Joseph Hospital/ Sri Amogam Hospital, Dindigul, Tamil Nadu, India.
5. Second successful pregnancy following liver transplantation by Latha Mageswari Palanivelu et al from Dept. of Obstetrics and Gynecology, Rela Institute and Medical Centre, Chennai, Tamil Nadu, India and Rela Institute and Medical Centre, Chennai, Tamil Nadu, India.
6. Dermoid cyst- An unusual location By Deepti N Mahoorkar et al from Dept. of Obstetrics and Gynecology, Apollo Hospital, Hyderabad, Telangana, India.
7. Accessory fallopian tube –A rare anomaly by Manish R Pandya et al from Dept. of Obstetrics & Gynaecology, Scientific Research Institute, Surendranagar, Gujarat, India & Dept. of Obstetrics and Gynecology, Nootan Medical College and Research Center, Visnagar, Gujarat, India.

#### **Case Series....**

Rudimentary horn is an anatomic variant of unicornuate uterus which is a mullerian duct anomaly resulting from the incomplete fusion of the ducts. The prevalence of congenital uterine malformations is about 3.2%. Pregnancy in the rudimentary horn is an extremely rare condition occurring in 1 in 76,000 to 1 in 1,40,000 pregnancies. Unicornuate uterus with rudimentary horn maybe associated with gynecological and obstetric complications like infertility, endometriosis, hematometra, abortions and preterm deliveries. Despite advances in ultrasound and other diagnostic modalities, prenatal diagnosis remains elusive, with confirmatory diagnosis being laparotomy.

Rudimentary horn pregnancy By Sonakshi Sharma et al from *Dept. of Obstetrics and Gynecology, Kamla Nehru Hospital, Indira Gandhi Medical College, Shimla, Himachal Pradesh, India*

The antepartum diagnosis of maternal thrombocytopenia has become more common because platelet counts are now routinely obtained as a part of prenatal screening. We are reporting three cases of gestational thrombocytopenia, diagnosed clinically, admitted, evaluated and managed. Two cases reverted back to their normal status soon after delivery. Case one who presented as gestational thrombocytopenia was diagnosed as Immune thrombocytopenic purpura (ITP) and is on treatment and platelet monitoring even after delivery. Commonest platelet deficiency seen in obstetrics is Gestational thrombocytopenia which is 80%, but other underlying causes must be considered as well. A thorough history and physical examination rules out most causes. There is a positive correlation between thrombocytopenia with adverse fetomaternal outcome. Hence serial platelet monitoring should be done.

Case series of gestational thrombocytopenia by Nandhini Raman et al from *Dept. of Obstetrics and Gynaecology, ESIC Medical College and PGIMS, Chennai, Tamil Nadu, India.*

Decidua is endometrium that is hormonally prepared for pregnancy. Decidual cast is the entire sloughed endometrium that takes the form of the endometrial cavity. It is a rare entity which is the result of high progesterone on uterine endometrium. It has association with intrauterine pregnancy, ectopic pregnancy, incomplete abortion and in non-pregnant states with the use of hormonal pills etc. We are here presenting a case series of decidual casts. We observed that all our patients had a similar history of recent intake of hormonal contraceptives followed by bleeding and passage of fleshy mass from vagina. The differential diagnosis of passage of mass per vaginum includes conditions ranging from benign to malignant, therefore, our study emphasizes the importance of considering it in mind, since it mimics malignancy but is not a signal of a serious condition.

Decidual casts: Dilemma for clinicians, relief for patients – A case series By Bushra Siddiqui et al from *Dept. of Pathology, Jawaharlal Nehru Medical College and Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh, India* and *Dept. of Surgery, Jawaharlal Nehru Medical College and Hospital Aligarh Muslim University, Aligarh, Uttar Pradesh, India*

### **We have short communication....**

Young unmarried women in India are subject to cultural barriers associated with being sexually active - such as social conservatism and gender-based discrimination. India has a growing population essentially consisting of adolescents and young adults: 10-24 years, who make up 33% (253 million: as per 2011 census) of our population; a figure much higher than Western countries. While there is an increase in sexual promiscuity in the Indian adolescent population, it is not supplemented by an appropriate increase in awareness regarding sexual health information - leading to a rise in sexually transmitted diseases and higher abortion rates. These abortions are complicated with serious adverse events as women undergo untimely procedures with 75% of individuals falling between 18-19 years of age. Our piece focuses on unmarried, sexually active women residing in urban India.

Stigma against contraceptive seeking behavior in unmarried women- Experienced or perceived?

By Animesh Upadhyay et al from *Dept. of Obstetrics and Gynecology, Yale School of Medicine, Connecticut, USA, Dept. of Paediatrics, KB Bhabha Hospital, Mumbai, Maharashtra, India* and *Dept. of Ophthalmology, Mahatma Gandhi Medical College and Research Institute, Shri Balaji Vidyapeeth, Pondicherry, India*

We try to sieve all articles by expert, peer reviewers to get best of best and new article for readers

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Individually we achieve, together we excel...

Regards

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